

**"Coming Soon"
to the
Newton Rec**

Ryan Setzer's
12 ROUNDS
TO
FITNESS
NON CONTACT BOXING™



Register now for this unique
workout program for

MEN and WOMEN..

SHADOW BOX

HEAVY BAG

SPEED BAG

SKIP ROPE

PUNCHING MITT

Benefit from the workout of the
Pros...

LOSE WEIGHT

INCREASE STAMINA

GAIN CONCENTRATION/FOCUS

**GET MORE FLEXIBILITY,
MUSCLE TONE AND
STRENGTH**

This is **NOT aerobics with boxing gloves!**
This is the "Real Deal" Boxing Workout

For more information or to register contact Bryan Waters,
Program Coordinator at the Newton Recreation Department
at (828) 695-4317.

Classes will begin January 23, 2006 from 6:30 p.m. to 7:30 p.m. at
the Southside Community Building located at Southside Park.

Cost for the class is \$59.00 per month.

It's Mental -- It's Physical -- It's Motivational